











Erie County Stay Fit Dining Program

STANDARD MENU

JULY 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Pulled Pork on a Roll Seasoned Home Fries Romano Vegetable Seasonal Fresh Fruit Chocolate Milk 	3 Independence Day Meal Sahlen's Hot Dog w/ Chili Sauce on a Bun Corn on the Cob Vegetable Blend Potato Salad Strawberry Swirl Ice Cream 	4 Happy 4th of July! No Meals Served 	5 Breaded Chicken Breast with Gravy Mashed Potatoes Cauliflower Wheat Dinner Roll Chocolate Chip Cookies	6 Breaded Fish with Tartar Sauce Cheesy Rice with Broccoli Carrots Apple Juice Frosted Brownie
9 Boneless Chicken Breast with Gravy Cheesy Mashed Potatoes Seasoned Spinach Dinner Roll Butterscotch Pudding	10 Cabbage Roll with Savory Sauce Scalloped Potatoes Carrots Rye Bread Sugar Cookies	11 Ham Steak with Maple Glaze Mashed Sweet Potatoes Green Beans with Red Peppers Wheat Bread Strawberry Gelatin with Mandarin Oranges	12 Chef Side Salad Penne Pasta with Meatballs and Tomato Sauce with Mozzarella Cheese Peas Chef Salad with Dressing Tropical Fruit Cup	13 Breaded Boneless Pork Chop with Gravy Mashed Lyonnaise Potatoes Broccoli Wheat Dinner Roll Seasonal Fresh Fruit
16 Swedish Meatballs over Cavatappi Pasta Brussels Sprouts Corn Chocolate Pudding	17 ENTRÉE SALAD Tuna Macaroni Salad on a Bed of Lettuce with Tomatoes Crackers Tropical Fruit Cup 	18 Lasagna Roll with Tomato Meat Sauce & Mozzarella Cheese Seasoned Spinach with Mushrooms Cauliflower Italian Bread Strawberry Bavarian	19 Turkey with Stuffing & Gravy Sour Cream & Chive Mashed Potatoes Carrots Lemon Cake with Frosting	20 Steakhouse Burger with Gravy on a Bun Au Gratin Potatoes Corn Blend Vegetables Seasonal Fresh Fruit Chocolate Milk 
23 Beef Pepper Steak over Rice Green Beans with Red Pepper Sliced Carrots Fruit Delight Cookie	24 Chef Side Salad Stuffed Shells with Tomato Sauce & Mozzarella Cheese Seasoned Spinach Chef Salad with Dressing Italian Bread Pineapple Tidbits	25 Christmas in July Breaded Chicken Drumsticks Mashed Sweet Potatoes Brussels Sprouts Dinner Roll Chocolate Éclair 	26 Sliced Roast Beef with Gravy & Horseradish Sauce Garlic Mashed Potatoes Mixed Vegetables Sandwich Roll Sugar Cookies	27 Ham & Cheese Strata with White Cheese Sauce Scalloped Apples & Cranberries Broccoli Wheat Dinner Roll Ambrosia
30 Beef Macaroni Casserole with Cheddar Cheese Cauliflower Fiesta Corn Dinner Roll Diced Peaches	31 Sliced Roast Pork with Mushroom Gravy Rice Pilaf Harvard Beets Wheat Dinner Roll Fresh Orange 	1 ENTRÉE SALAD Julienne Salad with Classique Dressing Wheat Bread Frosted Brownie 	2 Homemade Stuffed Pepper with Savory Sauce Mashed Potatoes Wax Beans with Mushrooms Italian Bread Gelatin with Fruit Cocktail	3 Chicken Leg Quarter Seasoned Mashed Squash Brussels Sprouts Wheat Dinner Roll Diced Pears